



Mission Statement: To improve upon the health of Lincoln County citizens by working with community partners to make our community a healthier and safer place to live.

Annual Report 2008

Looking Back – Highlights of 2008:

Unintentional and Intentional Injury

Contact: Tammi Boers – tboers@co.lincoln.wi.us

- **Suicide Crisis Cards** and posters were developed by Healthy People Lincoln County (HPLC) partners, including Lincoln County Health Department, North Central Health Care and Commission on Aging. The resources were distributed to 180 facilities in Lincoln County. Funding for the resources was provided by a grant from American Medical Association.
- **Steady and Ready Fall Prevention Program** focused on fall prevention which incorporated exercise, nutrition, home safety and medication management. The program was a collaboration between Good Samaritan Health Center, Commission on Aging, Lincoln County Health Department and Merrill Area Healthy Lifestyle Network (MAHLN). There were 25 participants, 60 years and older and identifying ways to prevent falls increased to 80%. Participant's balance and gait increased, as well as range of motion significantly improving. Funding was provided through a Rural Health Grant.
- **Child Passenger Seat Grant** was received again from the Department of Transportation. Lincoln County Health Department was able to provide 21 families with a safe way to transport their children.

Obesity, Inadequate Physical Activity and Adequate and Appropriate Nutrition

Contact: Brigid Gryskiewicz – bgryskiewicz@co.lincoln.wi.us

- **Worksite Wellness Toolkit** continues to be supported by sixteen Lincoln County businesses and organizations. The quarterly Worksite Wellness Toolkit Users meetings, in the Merrill and Tomahawk areas, are sponsored by Healthy Lifestyles Marshfield Area Coalition, Marshfield Clinic and HPLC. The groups share innovative ways to improve employee health and wellness.
- **"Restaurant Readiness" Tool** was developed with the help of an UW-Madison (AHEC) intern funded through a grant. This tool is intended to be used as a preliminary educational and motivational piece to inspire restaurants to make healthier menu adjustments and to want to use the more comprehensive "Restaurant Toolkit" being developed at the state level. Restaurants are encouraged to seek further assistance from HPLC to continue to move in this direction.
- **Healthy Wisconsin Leadership Institute** was able to be attended by HPLC representatives; Good Samaritan Hospital, Lincoln County Health Department, Merrill Area Public Schools, Ministry Clinic – Tomahawk, Sacred Heart/St. Mary's Hospital, Tomahawk Schools and UW-Extension due to a scholarship. The focus of the HPLC group will be to decrease sedentary lifestyle in Lincoln County school age children, employing various new projects and strategies.

Get involved! Call 536-0307 to learn how.

Alcohol and Other Substance Use and Addiction (AODA)

Parents that Host Lose the Most was provided in the 2007-2008 school year through a collaboration of Lincoln County UW-Extension, Lincoln County Health Department and partnering sponsor Merrill Area United Way. The goal of the program is to inform parents of the dangers of supplying alcohol to youth and was targeted to Merrill and Tomahawk high schools.

Medication Collection Day was held on September 5th in conjunction with a county wide clean sweep. Lincoln County Departments: Solid Waste, Sherriff's Department, Health Department, UW-Extension, Commission on Aging, and local pharmacist worked together and collected over 90 pounds of medication.

Moving Ahead to 2009:

Unintentional and Intentional Injury

1. Develop a program that targets older adults and caregivers on home safety.
2. Develop a plan to address unmet needs in child and youth safety.
3. Establish and promote additional evidence-based programs and offerings for Lincoln County residents and health care providers to reduce the number of suicide deaths in Lincoln County.

Obesity, Inadequate Physical Activity and Adequate and Appropriate Nutrition

1. Conduct a media and point of purchase campaign on healthy food options including label reading, portion size and healthier options of favorite foods.
2. Develop a project(s) to decrease sedentary behavior in school age children in Lincoln County.

Alcohol and Other Substance Use and Addiction (AODA)

1. Establish a media campaign to inform adults about the safe use of alcohol.
2. Partner with local medial, potential sponsors, and community event organizers to develop and promote responsible use of alcohol and alcohol-free programs at community events.
3. Develop and promote alcohol and drug free programs aimed at Lincoln County youth.

We would like to thank the following partners for their contribution in 2008:

Jennifer Black, Ministry Medical Group
Susan Coady, Good Samaritan Health Center
Heidi Duley, Good Samaritan Health Center
Tammy Hansen, UW-Extension
Jeff Jaeger, Merrill Sheriff's Department
Deb Moellendorf, UW-Extension
Carrie Pierschalla, Merrill Area School District
Jay Punzenberger, Lincoln County Drug Free Coalition Coordinator
Bob Reichelt, Lincoln County Solid Waste
Deb Schillinger, Merrill Family Resource Center
Donna Winker, Lincoln County Aging Services

Daryl Brodziski, Merrill Area School District
Carol Crevier, Good Samaritan Health Center
John Greenwood, Melonas Counseling
Brenda Janke, UW-Extension
Deb Merkel, North Central Health Care
Margaret Parsons, North Central Health Care
Theresa Rortvedt, Tomahawk School District
Ashton Sczygelski, AHEC intern
Lynn Zentner, Merrill Area United Way

We apologize in advance to anyone we may have unintentionally missed.